

Working with Young Minds Matter

Origins: Early Intervention & Prevention

“Transforming Children & Young People’s Mental Health Provision (2017)”

- Creation of Mental Health Support Teams (MHSTs) and the EMHP/CWP role
- Evolved from Improved Access to Psychological Therapy (IAPT)

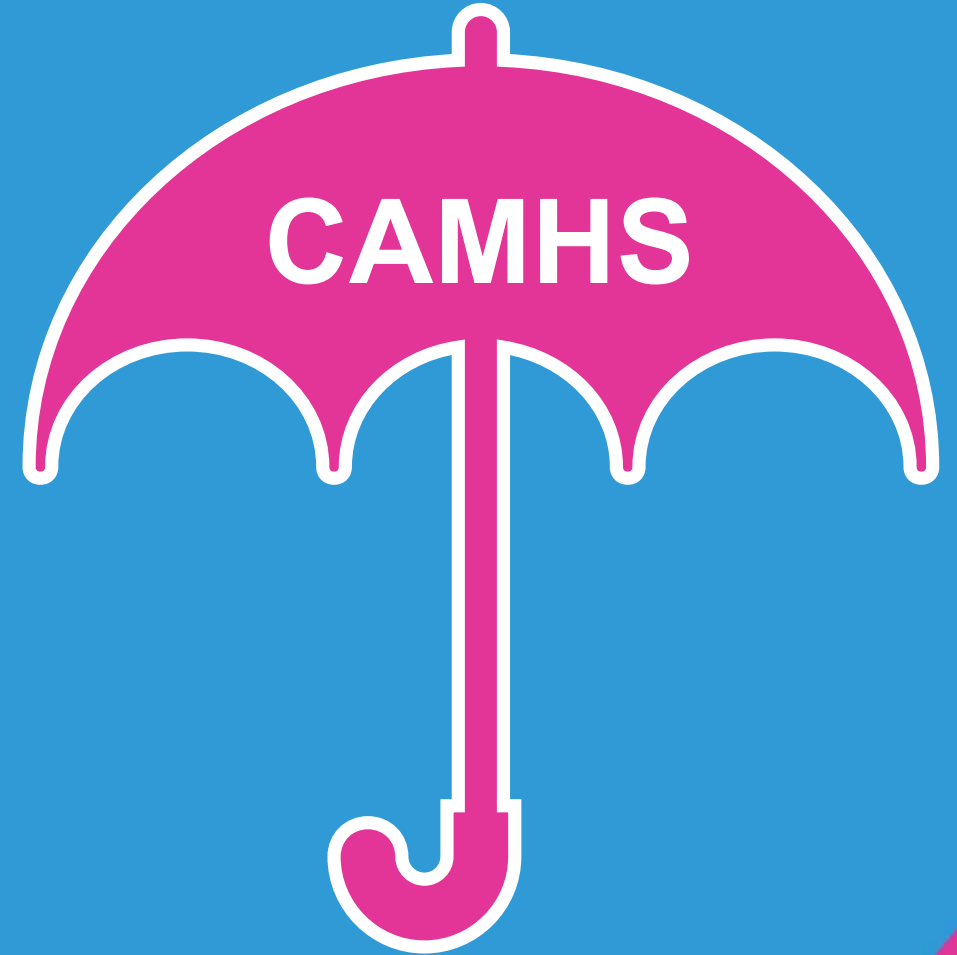
Locality Teams

- Team Manager & Lead SMHP
- SMHPs
- EMHPs & CWP
- WSA-P



Wider Team

- Operational & Clinical Lead
- Admin Team
- High Intensity Team
- WSA Coordinator



Our offer

01

**Whole School
Approach**

02

Consultation

03

**Evidence
Based
Interventions**

01

Whole School Approach

A Whole School Approach to mental health looks at embedding principles of wellbeing into the whole of school life. **Mental Health is everyone's business.**

Whole School Approach

Secondary Schools & Sixth Forms: 2025/26

Psychoeducation for Young People

- Anxiety
- Exam Stress
- Understanding Emotions
- Boosting Your Mood
- Self-Esteem
- Transition
- Looking after Your Wellbeing
- What is Young Minds Matter



The above topics could be delivered as:

Assemblies

Provides an overview of the topic.

10-20 mins
No max no. of pupils
One Year Group

Workshops

More in depth discussion with group activities and individual worksheets.

45 mins - 1 hour
Max of 30 per group

Small Groups

Similar to workshops but greater discussion due to smaller number of pupils.

45 mins - 1 hour
Max of 10 per group

Pop-Ups

- YMM Chat Stand (lunchtimes/open evenings)

Staff Training

- Working with Young Minds Matter
- Supporting Young People with their Mental Health in School
- Language that Cares
- Writing a Good Referral



Parents & Carers

- Parents Evenings
- School Community Events (e.g. Open Days/Evenings)
- Parent Talks (topics to be confirmed)



Advice & Signposting

- We are able to offer advice & signposting around your school's Whole School Approach in our Consultations. Please speak to your Aligned Practitioner for further information.
- You can also find lots of further training, support and advice via GHLL: www.ghll.org.uk.



Whole School Approach

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**Any questions about our
Whole School Approach offer?**

02

Consultation



A space for the school's Mental Health Lead and colleagues to meet with a Young Minds Matter practitioner.

Consultation could be used to discuss:

- Themes that are present within school (e.g. class or year groups).
- Any wider community context that school are noticing.
- Support or referral for a specific child or young person you are concerned about.
- Understanding our referral process.
- Booking and discussing whole school approach activities

1

SMALL PRIMARY SCHOOLS
(210 pupils or fewer)

3 x per year (once per term)

2

LARGE PRIMARY SCHOOLS
(211 pupils or more)

6 x per year (once per half-term)

3

**SECONDARY SCHOOLS
AND COLLEGES**

11 x per year (monthly)

Any questions about our Consultation offer?

03

Evidence Based Interventions

1:1 or group intervention for children & young people experiencing mild to moderate mental health difficulties.

1:1 with child/young person

1:1 with parent/carer (primary only)

Joint working

**We can
support
with**

Brief Parenting (primary only)

Low Mood

Anxiety

Thought Challenging

Problem Solving

Worry Management

Low level self-harm/suicidal thoughts

**We might
be able to
help with**

Sleep Difficulties
Phobias
Self-Esteem
Mild/Early Onset OCD
Anger
Interpersonal Difficulties

**Other
services
can better
support**

Bereavement
PTSD/Trauma/Pain Management
Full Parenting Programmes
Intensive Phobias
Moderate-Severe mental health difficulties
Relationship Problems
Tourettes/Tics
Assessment for neurodevelopmental concerns
Ongoing complex social care involvement

Example 1:

Amy is 14 and lives with her parents and two siblings. Recently, Amy has started worrying about her GCSE options and is now finding it hard to focus on any of her schoolwork and do homework. After speaking to Amy more, you find out that she is “worrying about everything” and has stopped seeing her friends on the weekend. She isn’t sleeping well.

What is LI-CBT?

Low Intensity = 6-8 weeks of Guided Self Help

Cognitive = Thinking

Behaviour = Things we do or don't do

Based on empowering a child/young person/their family to help them learn skills to achieve a goal

SMHPPs and bespoke interventions

High-Intensity CBT – how it looks

- Young people are offered 19 sessions of CBT, and must be motivated to make changes, work towards a clear and specific goal and complete home practice outside of sessions.
- The goal is to support young person's mental health to improve, so that they are more able to access education.
- This means working together with school and home (and any other professionals involved), to be able to achieve this. It is very important that we have good communication with schools.
- Main difference between li-CBT and hi-CBT: session length and therefore more time to understand what is underlying difficulties and create a shared understanding of what is keeping them going to break these cycles.

High-intensity CBT – who we work with

- Young people in Gloucester secondary schools for young people who have emerging difficulties with school attendance due to anxiety or low mood.
- This might be either occasional missed days of school or a period of a few weeks of absence.
- The key is still early intervention and prevention for this to be effective.
- Mental health presentations we work with: Social anxiety, OCD, phobias, separation anxiety, generalised anxiety disorder, low mood, social anxiety, self-esteem and panic disorder.

High-intensity CBT – who we cannot work with

- Young people not on roll at a YMM Gloucester secondary school e.g. families who have chosen to go home educated
- Young people who require medication or have increased levels of risk, such as significant self-harm or suicidal thoughts with a plan
- Young people who have been out of school for an increased amount of time e.g. 3 months+
- Young people where their reason for reduced school attendance is due to another factor, for example:
 - Safeguarding concerns or systemic factors
 - Trauma or PTSD
 - Difficulties specifically within the school environment. For example, bullying or friendship difficulties

Referral by school staff

Must have consent from the child/young person.

Must have consent from parents/carers for children under 11 years of age.

Referral can be made:

- Gloucester Schools: Navigation Hub
- All other schools: through our website

YMM Chat



Secondary aged young people can self refer through YMM Chat.

Following assessment, we consider the best form of support:

- LI CBT with an EMHP
- Bespoke support with an SMHP
- Signposting or onward referral to another service.

**Any questions about our
1:1/Group Interventions offer?**

Recap

01

**Whole School
Approach**

02

Consultation

03

**Evidence
Based
Interventions**

Thank you